



Photo by 7th Engineer Dive Detachment

**7th EDD engineers prepare for a dive to increase their cold water proficiency during two months in the chilly waters of Ketchikan, Alaska, on a breakwater repair project that concludes Saturday.**

## 7th EDD repairs Alaskan breakwaters

**SGT. JON HEINRICH**

8th Theater Sustainment Command Public Affairs

KETCHIKAN, Alaska — Pacific-based Army divers encounter the full spectrum of water temperatures and depths when performing underwater reconnaissance, demolition and salvage missions across the massive theater.

Fifteen troops from 7th Engineer Dive Detachment, 130th Eng. Brigade, 8th Theater Sustainment Command, were wrapping up a two-month long mission, here, Saturday, in support of U.S. Army Corps of Engineers Alaska, to repair floating breakwaters at Bar Point Harbor, while preparing the divers for cold-water, deep-water situations.

The project also increased individual and collective unit proficiency in cold-water diving and underwater construction tasks, which are similar to the tasks required following tsunami relief and other contingency operations in the Pacific.

Floating breakwaters are coastal defense structures that reduce the intensity of wave action in inshore waters, protecting an anchorage and providing safe harborage, especially in the natural disaster-prone Pacific waters.

The Army Corps of Engineers completed construction and placement of two concrete breakwaters at Bar Point Harbor in 1980, and the safety of the local community and the many ships anchored in the harbor depend on routine maintenance and repairs like those conducted by the divers.

1st Sgt. David Chebahtah, the detachment's first sergeant, said the 60 days also allowed them to train surface decompression techniques and recompression chamber operations in real time and real conditions.

"Performing some of these tasks at an actual depth of 122 feet below the surface is much different than simulating the same depth profiles in

A 7th Engineer Dive Detachment troop works to install an anchor frame on a large anchor block during a two-month long breakwater repair project that concluded, today, in Ketchikan, Alaska.

say, 25 or 30 feet of water, where we are normally training at Pearl Harbor (Hawaii)," Chebahtah said.

The divers conducted surface supplied and scuba diving operations while inspecting, removing and replacing anchor frames and chains on the floating breakwaters.

Spc. Anthony Garcia, one of the divers, said the cold-water operations were a great learning experience.

"Working in Hawaii obviously limits our ability for this type of training," Garcia said. "I now have a better understanding of waterfront facilities, crane operations, rigging, and am better prepared for future missions."

Similar to most of the detachment's missions throughout the theater, this one was both a real-world improvement project that will have lasting impact to the community and also a critical readiness training opportunity.

## AUSA holds annual meeting

**STAFF SGT. JENNIFER C. JOHNSON**

Army News Service

WASHINGTON — Soldiers from the 3rd U.S. Infantry Regiment (The Old Guard), and the U.S. Army Band "Pershing's Own," provided a patriotic performance, Monday, during the opening ceremony of the Association of the United States Army Annual Meeting and Exposition, being held at the Walter E. Washington Convention Center, in Washington, D.C., through Wednesday.

Secretary of the Army John M. McHugh opened AUSA by thanking the Soldiers, civilians and families for their ongoing support through a difficult time for the nation.

"Today, together, we will selflessly lead our way into the uncertain future before us," said McHugh. "We will share uncommon lives and common challenges and do what our country requires of us."

Held every October in Washington, the

**"Once a Soldier, always a Soldier' is more than a bumper sticker."**

— Honorable John M. McHugh  
Secretary of the Army

AUSA annual meeting is the largest land power exposition and professional development forum in North America. The event consists of presentations, panel discussions on pertinent military and national security subjects, workshops and important AUSA business

See AUSA A-4



Photos by David Vergun, Army News Service

**Soldiers of the 3rd U.S. Infantry Regiment, "The Old Guard," and the U. S. Army Band "Pershing's Own" perform at the opening ceremony of the AUSA Meeting and Exposition, Monday.**

## Pacific Pathways increases readiness through partnership

**SGT. 1ST CLASS TYRONE C. MARSHALL JR.**

Department of Defense News

WASHINGTON — The "Pacific Pathways" concept is an innovative and experimental approach to increasing Army readiness through partnership, the commander of U.S. Army Pacific said here, Tuesday.

Army Gen. Vincent K. Brooks explained the concept during a panel discussion at the annual Association of the United States Army Meeting and Exposition at the Walter E. Washington Convention Center.

"This is an innovation in large measure," Brooks said. "It's a new way of doing something we have been doing already. We have already been participating in exercises around the region."

### The Pacific Pathways concept

The Pacific Pathways concept involves joining multinational partners to conduct a three-part series of military exercises intended to increase Army readiness through additional training and strengthened partner-force relationships.

Brooks said that as a senior officer he views exercises differently now than he has previously.

"Exercises are really an agreement between countries for foreign troops to be on sovereign soil," he said. "So, if you begin to think about it that way, we've used ... these agreements for U.S. troops as foreign troops to be present in a sovereign country, as the basis upon which we designed the Pacific Pathways."

The first iteration or proof of concept for Pacific Pathways — which involves Indonesia, Malaysia and Japan — is just ending, the general said, with command and control and support provided by U.S. Army-Pacific elements 1st Corps, based at Joint Base Lewis-McChord, Washington, and Hawaii-based 25th Infantry Division.

### Innovation of Pacific Pathways

The innovation of this concept, Brooks said, is how the Army goes to those designated places, and how it organizes itself for it.

"We're doing what the Army has always done," he added. "We're going to move units and equipment. We've put them on ships, just as we did in 1898, and we move into the place we're going to go."

Now, a century later, "we've started using aircraft to join the troops themselves with the equipment," Brooks said.

Projecting from home bases to participate in not just one of the exercises, but rather in a series of exercises, is new, the general said.

As a result of doing that, Brooks said, engagement with others, such as the State Department and the Defense Department, has come in a different way.



Brooks

"We engage with regional partners where the exercise is going to occur in a different way," he said, "because configuration might be different than the previous year's exercise.

And it has to be tailored to what that country can accept. It is different in that it brings together an enterprise approach to projecting ourselves from home stations abroad over the great expanses of the Indo-Asia-Pacific region."

It also has been transformative in many ways, he said, based on how the Army projects itself in a tailored structure around the region while building readiness into the deployed force.

"There's experimentation that happens here, also," Brooks said. "We find that as we're doing this we can experiment with different operating concepts."

It also allows experimentation with different technologies, he said, as industry and others find opportunities to shake something out in a tremendous battle lab that's on the move.

### Key Points

The general shared three key points of emphasis on Pacific Pathways.

First, he said, it is an operational deployment. Everything that goes into operational deployments anywhere goes into this operation. The planning, preparation, execution, ordering of craft to move troop, and planning for security all are included, he added.

"There are some additional dimensions, too, like passport planning (and) visa planning, that aren't like our traditional deployments," Brooks said. "But it is a deployment, nevertheless, and an operation."

Brooks' second point was Pacific Pathways is "part of our engagement structure and strategy."

"This is not the limit of what we're doing," he said. "It is a part — a very important part — because of its innovation, transformation (and) experimentation characteristics."

Additionally, Brooks noted, it is economical, as he anticipated it would be.

"It really requires an enterprise approach to do this, and that is an enterprise that organizes from top to bottom from department level to executing unit," he said. It's also an enterprise approach in terms of contributing capabilities that make it possible to employ the concept," Brooks said, lauding supporting elements such as Military Sealift Command, Army Materiel Command and all of the U.S. Army's components.

"The enterprise approach, from top to bottom, and horizontally as well, is essential to this," he added.

Brooks' final point was that Pacific Pathways is shaped by the countries involved in the exercises in conjunction with the State Department.

## DOD, FVAP offer absentee voting help

**MANDI RICHMOND**

Department of Defense News

WASHINGTON — As the Nov. 4 midterm election nears, Defense Department officials are taking steps to ensure absentee voting is even easier for service members, their families and overseas citizens via the Federal Voting Assistance Program's website.

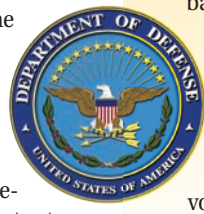
In coordination with the military services and State Department, Absentee Voting Week (which began Sept. 29) aimed to raise awareness and remind voters of important

### Absentee Voting

FVAP's website provides tools to guide voters through the process of registering and requesting their ballots.

Voters can register and request their ballots using the online tools at FVAP.gov by selecting their state from the dropdown menu.

Read the "Voting is Easy" Campaign Special Report: Send Your Vote Home at [www.defense.gov/home/features/2014/0614\\_vote/](http://www.defense.gov/home/features/2014/0614_vote/).



See VOTE A-4





HAWAII  
ARMY  
WEEKLY

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Col. Richard A. Fromm  
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**CSM Louis C. Felicioni**  
**Director, Public Affairs**  
Dennis C. Drake  
656-3154  
**Chief, Internal Communication**

Aiko Rose Brum, 656-3155  
aiko.brum@us.army.mil

**News Editor**  
John Reese, 656-3488  
news@hawaiiarmyweekly.com

**Pau Hana Editor**  
Jack Wiers, 656-3157  
community@hawaiiarmyweekly.com

**Staff Writer and Photo Editor**

Karen A. Iwamoto, 656-3150  
reporter@hawaiiarmyweekly.com

**Layout**  
Estrella Dela Cruz-Araiza  
**Advertising:** 529-4700  
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**Address:**  
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# October is Cyber Security Awareness Month

U.S. ARMY CYBER COMMAND  
News Release

National Cyber Security Awareness Month is observed this month as a dedicated period of time to focus on the Army's communications and practices to ensure its networks remain safe and secure.

The cyber threat to the Army is pervasive and increasingly sophisticated. Ad-

versaries constantly probe and attempt to exploit networks, seeking personally identifiable or operational information in order to exploit and impact military capabilities.

Compliance with information security policy, directives and instructions by users is the foundation of defense against adversaries in cyberspace.

Success in cyber operations is a team

effort.

This means system users are the first line of defense. All users have a vital role in ensuring mission accomplishment while keeping the systems safe when connecting online. Users are accountable for everything done in cyberspace.

This month, take the time to learn how to improve cyber security, recog-

nizing that enhanced security begins with individual awareness and commitment.

Remember, third parties can track actions in cyberspace, and even actions that seem harmless can expose individuals, units and the mission to the threats.

Reporting misuse and suspected violations to the chain of command is critical to the Army's protection.

## Stop, Think and Connect

Notices will be sent via email during October to improve the understanding of cyber threats.

When connecting online, do the following:

•**Stop.** Before using the Internet or tactical communications systems, take time to understand the risks and learn to spot potential problems.

•**Think.** Watch for warning signs and consider how your actions could affect the safety of yourself, your unit and

your family.

•**Connect.** Use the Internet and our mission command networks with greater confidence, knowing all steps were taken to safeguard the team and our efforts.



Courtesy photo

"Use STIG: security technical implementation guides," says Sgt. 1st Class Firewall.

## IZOF 'apps' need care

ERIC SCHRAGER  
AND FERNANDO LOPEZ  
Comprehensive Soldier  
and Family Fitness

Have you ever had too many apps running on your phone, or had the brightness turned all the way up and it kills the battery?

It isn't fun when it's 6 p.m. and your phone is dead and you can't play Candy Crush!

Neither is being physically and mentally drained after a hard day's work.

We know that if we have too many apps open or keep the screen too bright, our phones won't function for long. We've learned to turn the brightness down and fully close the apps we don't use, but can we say we do the same with our minds and bodies?

If you have too many thoughts, or projects you're working on, it's like having too many apps open. Your brain tries its best to work though all of them but is soon burned out.

The same goes when you are focused on a single task. The longer you focus at a very high level, the more exhausted you'll feel after it's done.

Just think of the last test you took. If you really focused, you probably felt tired afterward. In order to combat draining our energy too much, we need to treat ourselves like we treat our phones.

This month's resilience focus, energy management, teaches a skill that's portable, simple and lets us close down those unnecessary thoughts or worries and take quick recovery time-outs to charge back up.

Energy management is a self-regulation process aimed at our physical, mental and emotional energy states. The better you can manage your energy, the higher your chance of performing optimally.

Think about your performances. How do you perform when you have little energy activation or too much energy activation?

Everyone has a "sweet spot" of energy activation for optimal perfor-

mance, known as the Individual Zone of Optimal Functioning (IZOF). Enhanced control and conservation over our energy activation will help maintain our IZOF before, during and after our performance.

One strategy to maintain IZOF is deliberate breathing. Deliberate breathing increases the body's energy efficiency by balancing the sympathetic (fight or flight) and parasympathetic (rest and digest) branches of our autonomic nervous system.

Regular practice of deliberate breathing also increases heart rate variability, shown to reduce risk for stress-related illnesses; increases physical, mental and emotional stability; improves cognitive abilities and mental clarity; enhances creativity; and boosts immune system functioning.



Courtesy photo

Like your phone, opening too many apps on yourself drains your power.

Deliberate breathing uses rhythmic breathing from the diaphragm, thought control through focusing on one word ("focus" or "calm," for examples) or image, and positive emotions like gratitude and appreciation.

Before a performance, two or three deliberate breaths can build concentration, help maintain composure, increase precision, and enhance memory and recall. When it is time to recover after the long day or week, deliberately breathing for 5-10 minutes can help speed the recovery process and facilitate falling asleep.

The next time you feel drained, take some deliberate breaths to close down those apps!

## Even 116 years of marriage requires focus, attention

CHAPLAIN (MAJ.)  
JEFFREY T. VAN NESS  
Chaplaincy Resource Manager  
U.S. Army Garrison-Hawaii

I recently read an article about Poldi and Bibi, an elderly couple from Klagenfurt, Austria, who, after one of the longest relationships ever, had a serious falling out.

Their breakup began in 2012 when Bibi attacked her lifelong companion.

Friends and counselors intervened, but later decided that this couple had reached an impasse and could not be reconciled. They were simply too hostile to each other.

How sad that a couple who had been together for 116 years now found it impossible to get along with each other.

Yes, I said 116 years!  
This elderly couple is a pair of giant tortoises who had been together since birth in 1898. All seemed to be fine and dandy until Bibi, the female, took a bite out of Poldi's shell. They've been fighting ever since, and their handlers, citing reasons of irreconcilable differences, have had to separate them permanently for their own safety.

As odd as it might sound, many human beings, who have been married 25 years and longer, are calling it quits on their relationships.

In an article on the subject, Dr. Pepper Schwartz, AARP, cites the following reasons why even elderly couples break up: The relationship's fracture may have been slowly growing over many years. The wife increasingly focused on the children, adult children and grandchildren, while the husband focused more and more on his work. The couple simply drifted apart and found they had very little in common any more.

Another contributing factor is that

couples are living longer and healthier.

"Half a century ago, an unhappy couple in their mid-60s might have stayed together because they thought it wasn't worth divorcing if they had only a few years left to live," said

Schwartz. "Now, 65-year-olds can easily envision at least 20 more active years — and they don't want them to be loveless, or full of frustration or disappointment."

Changing values are also a big factor, especially with the aging Baby Boomer generation.

The reality is, no matter where we are in our marriages, there is always a need to nurture and fortify our relationships. We cannot place our marriages on autopilot indefinitely. There's no such thing as a maintenance-free marriage. Every relationship requires focused attention and love.

Being married 30 or 40 years is no indication that we're clear of the minefield or that a seasoned couple will not face "unexplored territory." Tragedy, illness and loss can all send waves over the heads of even the strongest couples.

But God has the power to soften hardened hearts, break down walls of resentment and rekindle a love that has grown cold.

*"And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart."*  
— Ezekiel 36:26

God is able to resurrect relationships. The key is to invite him into your marriage and family from the start, and keep him at the forefront of your life throughout the long journey.



## What Consumers Need to Know About Food and Water Safety During Hurricanes, Power Outages, and Floods

www.fda.gov/Food/ResourcesForYou/Consumers/ucm076881.htm



**FOOD FACTS**  
From the U.S. Food and Drug Administration

# Voices of Ohana

Domestic Violence Awareness Month

In light of recent domestic violence cases in the media, how can we improve our awareness of this issue?

Photos by Spc. Paxton Busch, Pacific Regional Medical Command Public Affairs



"By incorporating training into mandatory training events throughout the fiscal year, such as SHARP and EO."

**Sgt. Gustavo Alvarado**  
CSM aide,  
TAMC



"By having more training and more campaigns on domestic violence, so we know what we are looking for."

**Lauren Cain**  
Medical support  
assistant,  
Neurology Clinic,  
TAMC



"To acknowledge that it happens. We also need to acknowledge that domestic violence goes both ways and is not just male-on-female crime."

**Master Sgt. Kristy Cortner**  
Adjutant,  
TAMC



"By educating Soldiers of the repercussions of negative actions. Walk away, in you stay."

**Sgt. Kelly Fowler**  
Department of  
Nursing, Operations,  
TAMC



"Having the strength and the courage to be able to speak up and talk to others if we feel that they are going down that line."

**Kara Yano**  
Psychologist, Child  
and Family  
Behavioral Health  
Services, TAMC



# SecArmy, CSA respond to Q&A at AUSA presser

**ARMY NEWS SERVICE**  
News Release

WASHINGTON — Secretary of the Army John M. McHugh and Chief of Staff of the Army Gen. Ray Odierno answered questions at the Association of the U.S. Army’s meeting, Monday.

**Secretary McHugh:** We always welcome the chance to get together with people within the United States Army as we have here this week.

This is a very unique opportunity to communicate outside our own ranks, and we look forward to that very much.

**General Odierno:** As I often say, there are three things that I wake up every morning thinking about, and those things have increased lately.

The first thing I think about are the Soldiers that we are deploying around the world. ... We continue to downsize the Army and take risks in modernization and readiness, and frankly, I am starting to worry about our end

strength. The last thing that I think about is what we need to be and look like in the future.

**Q:** My question is that Army leadership has argued for budget stability. Is there any indication that Congress is getting the message? Does the message need to change?

**General Odierno:** As I go around individually, everyone understands and is worried about the impact of the budget with the things the Army is being asked to do. The problem that we have is that collectively we can’t get them to make a decision.

**Q:** ... You said that you are concerned about end strength. What does that mean exactly?

**General Odierno:** ... On modernization and readiness, in order to get in balance, we have said all along that

even if we go down to 450 or 420 based on sequestration, we don’t get into balance until FY19 or FY20 at the earliest.

We have a huge window of risk in modernization, and not only modernization, but readiness. That is what I am worried about.

**Q:** I want to ask in regards to the most recent drawdown with the captains, as well as the majors, looking at the numbers there, there was a much higher percentage of black officers versus white officers who were let go during that process.

Did that cause any alarm bells to re-evaluate the way this goes on, or just how the career ends go?

**General Odierno:** Since I have been the Chief for three years, from the day I came in here, we have been focused on diversity of the force. It is important to us that we have diversity across all branches; we have diversity in male versus female, diversity in all different kinds of ethnic backgrounds.

We think the Army should represent what our population represents. So whenever you see any statistics that say promotion rates might be lower for our minorities, or those who are asked to leave are higher for minorities, it is concerning.

So what we are doing is, we have been looking at this, and we are looking at it from the time we assess them, whether it is in ROTC at West Point, to what assignments they get, to how they are being managed. We do that for all officers, no matter the ethnicity or nationality.

... I will say this, the process that we use is a fair process. It is one that officers from all different BRACs and NCOs from all different backgrounds



**Army Chief of Staff Gen. Ray Odierno answers questions at a press conference following the opening ceremony of the AUSA meeting, held at the Walter E. Washington Convention Center, in Washington, D.C. Odierno addressed concerns about budget impacts and diversity of the force.**

are looking at these files. It is based totally on performance. It is based on record.

**Q:** ... The Secretary’s remarks this morning that the irony is absorbing a lot of cuts and you are making it look easy. So, is the implication that, unless you had a noticeable Corps readiness edge or something that would shock people that is a result of budget cuts, that people do not understand what these budget problems really are?

**Secretary McHugh:** ... When we talked about risk and readiness, the terms that we are very familiar with don’t always resonate to those people outside of the military.

When sequestration was first adopted, we spent a lot of time saying we think this is going to take us to a very bad place.

... Somehow what we said about the very damaging aspects of sequestra-

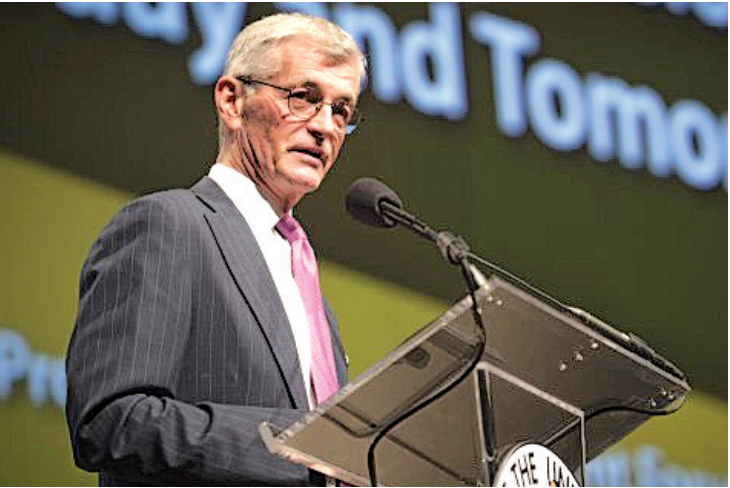
tion was somehow untrue, and that it was extreme. So what I meant by we made it look too easy is that the Army leadership on both the military and the civilian sides have worked day and night to try to squeeze every possible savings out of our budgets.

... That does not mean that the things that we concern ourselves about, our modernization programs, the decreased readiness rates, things that over time have an incredibly important impact on our ability to meet missions were not dramatically affected.

... That concerns me, and all we can do is try to be open, transparent and honest about our fiscal situation.

#### More Online

Review the full story at [http://www.army.mil/article/136086/Oct\\_13\\_2014\\_SecA](http://www.army.mil/article/136086/Oct_13_2014_SecA).



Photos by David Vergun, Army News Service

**Secretary of the Army John McHugh, keynote speaker at the opening ceremony of the AUSA meeting, Monday, addresses the way ahead.**

## TAMC to change access for staff, visitors

### Homeland Security PD-12 mandates campus access

**TRIPLER ARMY MEDICAL CENTER**  
News Release

HONOLULU — Security guards at Tripler Army Medical Center will no longer accept hospital badges as a form of identification for access to the installation.

Beginning Jan. 15, 2015, TAMC staff will be required to show their government identification or a Veterans Affairs Personal Identity Verification (PIV) card to access TAMC.

All contractors working at TAMC without the required IDs were notified they’d need to obtain an installation access pass.

Veterans who don’t possess a PIV may still access the installation by using their VA-issued ID card or by obtaining a day pass from the Visitor Center, located just at the in-bound gate.

City bus passengers without the proper ID will be required to disembark the bus at the gate and embark after the bus completes all stops on the TAMC route. Traffic will stop to allow passengers to safely board the bus at the gate.

The change in policy is a garrison requirement along with Homeland Security Pres-

File photo

**After Jan. 15, you’ll need your military ID, CAC or VA PIV to enter TAMC.**



idential Directive 12. This measure will bring the TAMC campus in line with installation access security mandates.

#### Installation Access Pass

To ease the transition for contractors and others who don’t have a Common Access Card/military ID or VA PIV, the Directorate of Emergency Services will establish an Access Pass Section at TAMC, Nov. 15-Jan. 15, 2015, from 7:30 a.m.-4 p.m., in Room 3B304.

Those who haven’t obtained a pass by the Jan. 15 deadline will need to visit the garrison Installation Access Pass office at Leilehua Golf Course, near Wheeler Army Airfield. Call 433-1111/5914.

## We Recycle

Did you know that when you recycle, the Garrison earns money?  
**Keep recycling!**





# Retirees honored at Celebration of Service

Story and photos by  
**STAFF SGT. KYLE J. RICHARDSON**  
Army News Service

FORT SHAFTER — All good things must come to an end.

The service of three Soldiers was celebrated, here, at a ceremony on Palm Circle, Oct. 10.

The U.S. Army-Pacific recognized Col. Kevan F. Jacobson, Col. Richard J. Kramer and Sgt. 1st Class Foster K. Folger for their distinguished service to USARPAC and the country, as they prepare to transition into new careers.



**Col. Richard J. Kramer (center) receives a retirement pin from Gen. Vincent K. Brooks, commander, USARPAC, Friday.**

“It’s been a fulfilling career,” said Kramer, a logistician for USARPAC. “This is all part of transition though. I’ve known that I was going to retire



**Sgt. 1st Class Foster K. Folger (center) is presented a certificate of retirement from Gen. Vincent K. Brooks, commander, USARPAC, at the Celebration of Service ceremony.**

since the day I started, so you plan it and then you execute it, and it’s seamless. You know if I had to do it all over again, I would. I have no regrets joining.”

“This is a bittersweet end for me, but I’m ready to move on,” said Folger, an explosive ordnance disposal technician. “My Army career was very fulfilling. I’ve achieved all of my goals, met my beautiful wife and made a wonderful family. Now, I’m ready to move on to phase two of my life. However, if I had to do it all over again, I would do another 20 years.”

Before the honorees individually received their retirement awards, Gen. Vincent K. Brooks, commander, USARPAC and the Celebration of Service

host, took a moment to collectively address the transitioning trio.

“I just want to thank each of the honorees for all of the services rendered, sacrifices made, challenges endured by each family, and all of the impacts made on the lives of Soldiers, families and many others throughout these 82 years of service,” said Brooks. “You made us a better Army, and no doubt a better USARPAC. Your presence will be felt for years to come. It lives on in the behavior and legacy of every person that you have touched.”

Brooks said that all who encountered the three during their careers had been positively affected.

“It is an honor to bring forth Soldiers on his-



**Jacobson, Kramer and Folger received retirement awards, certificates and pins for their 80-plus years of service. Jacobson and Folger’s spouses were also recognized.**

toric Palm Circle, where Soldiers have been brought forth in front of the colors, front and centered, for more than 103 years on this very same field,” said Brooks. “It is a great privilege to recognize Soldiers out of our formation, so we can pause and reflect on their contributions and sacrifices.”

Brooks stated that every Soldier had a story to tell and that the three Soldiers before him were leaving a legacy for the rest of USARPAC to remember.

## Vote: Absentee Voting Week raises awareness

CONTINUED FROM A-1

deadlines.

If service members and their voting-age family members haven’t already done so, officials said, they should register to vote and request their absentee ballot. Once their ballots are received, voters are encouraged to mark and return the ballots or submit a backup ballot as soon as possible to ensure timely delivery.

Submission and receipt deadlines vary by state.

“DOD is working hard to provide the best possible voting assistance for our service members, their eligible family members and overseas citizens,” said FVAP director Matt Boehmer. “Our hope is that by raising awareness during Absentee Voting Week, more voters — especially those 18- to 24-year-olds who make up a large percentage of our uniformed services — will know that FVAP.gov is there to help them navigate the process.”

In support of Absentee Voting Week and in preparation for the election, FVAP has launched a new campaign aimed at first-time voters to ease them into the absentee voting process. The campaign, called “Voting is Easy,” likens voting to everyday choices, showcasing voting through the same lens as deciding be-



**With the DOD’s voting assistance site (above) and the FVAP’s directions, absentee voting is practical and easy. Exercise your franchise. Vote absentee!**

tween regular and decaf coffee or whether to get up or hit the snooze button when your alarm goes off, officials said.

FVAP works to ensure service members, their eligible family members and

overseas citizens are aware of their right to vote and have the tools and resources to successfully do so from anywhere in the world.

(Editor’s note: Richmond works with the Federal Voting Assistance Program.)



**The historic “Old Guard” and “Pershing’s Own” perform for participants at the annual AUSA meeting, Monday. See related story, p. A-3.**

## AUSA: SecArmy speaks

CONTINUED FROM A-1

meetings.

“This Army, your Army not only welcomes but treasures this annual AUSA invasion. By God for us, the more boots, the merrier,” said McHugh.

More than 500 Army and industry exhibitors occupied more than 250,000 net square feet of exhibit space.

“Once a Soldier, always a Soldier’ is more than a bumper sticker,” said McHugh. “It has to be. We are a better Army for their service, and they will forever be our Army family.”

**More Online**  
For more information about events, meetings and expositions, visit [www.ausa.org](http://www.ausa.org)





# Pacific’s senior engineers max joint region effort

Story and photo by  
**CAPT. LAURA BETH BEEBE**  
130th Engineer Brigade  
8th Theater Sustainment Command

JOINT BASE PEARL HARBOR-HICKAM — The Pacific’s senior Army engineers joined their sister services counterparts for the Hawaii Engineer Training Workshop, here, Oct. 7-8, to share experiences, network and discuss how to strengthen the joint engineer mission across the region.

The workshop provided a venue for engineers from all services, government and industry to brainstorm how best to break up some tasks and collaborate on how to maximize the engineer mission across the theater.

The Society of American Military Engineers leads the event, which included expert boards and training sessions on contingency engineering and installation management.

Col. Blace Albert, commander, 130th Engineer Brigade, was the senior Army engineer at the workshop. He spoke about the capabilities of Army engineers and how they partner with the other services.

Albert compared the role his brigade is able to assume in the Pacific to its role as the Theater Engineer Brigade lead in Afghanistan, last year.

Albert joined Navy Capt. Dean Tufts, commander, Naval Facilities Engineering Command-Hawaii, and Air Force Col. Mickey Addison,



**The Pacific is the largest operating theater in the world, and its engineers are constantly engaged in missions that require equipment and personnel to be at the right place at the right time.**

deputy director and command engineer, Logistics, Installations and Mission Support, Pacific Air Forces A7, where they each shared their experiences and thoughts on the joint-nature of engineer operations.

“The ability to work together and use each other’s systems is vital for engineers working in

the Pacific,” Albert said.

The 130th Eng. Bde. has worked in joint environments in different capacities since 2010, when it undertook missions such as Cobra Gold, Balikatan and Civic Action Team (CAT) Palau.

The leaders used CAT Palau as an example of their interoperability, and Addison explained

**Society of American Military Engineers**  
SAME, headquartered in Alexandria, Va., is a professional military engineering association, that unites architecture, engineering, construction, facility management and environmental entities and individuals in the public and private sectors to prepare for and overcome natural and manmade disasters, and to improve security at home and abroad.

how it has rotated from each service.

“The Air Force picked it up from the Army, passed it to the Navy a few months ago, and will pick it back up in 10 months,” Addison said.

The 130th Eng. Bde. will then take CAT Palau for the Army in February.

The program began 44 years ago and fulfills U.S. Pacific Command’s engagement strategy by directing and supporting the civic action program in community construction, apprentices training, medical assistance and community relations.

Tufts shared the example of Army engineers doing a historically Navy mission, explaining how the 84th Eng. Bn., a 130th Eng. Bde. subordinate unit, deployed to Guam in 2013 and assumed the lead as a humanitarian assistance and disaster relief quick reaction force, typically held by the Navy.

# Sea Dragons celebrate Hispanic Heritage

**SGT. KIMBERLY K. MENZIES**  
94th Army Air and Missile Defense Command  
Public Affairs

FORT SHAFTER — The 94th Army Air and Missile Defense Command hosted a Hispanic Heritage Observance ceremony, Friday.

The event, held at the Exchange, here, was an accumulation of several parts of Hispanic culture.

The 2014 theme is “Hispanics: A Legacy of History, a Present of Action and a Future of Success.”

The celebration provided a well-rounded atmosphere of community and fellowship and proved to be an occasion to couple education and opportunity.

“This theme resonates with me personally, because it encompasses my family’s personal story, as well as the stories of many others of Hispanic origin here in the United States Army,” said guest speaker Lt. Col. Alberto Rodriguez Cruz, operations deputy assistant chief of staff, 8th Theater Sustainment Command. “I joined the

Army in search of the American dream.”

Born in Caguas, Puerto Rico, Rodriguez is a graduate from both the InterAmerican University of Puerto Rico and Bowie State University, Maryland.

“The theme calls not only for the recognition of the contributions Hispanics have given to our nation, but for the appreciation and respect of the individuals who have unconditionally championed these,” said Rodriguez. “This celebration remembers Hispanics who have served in so many capacities as members of the armed forces defending American liberties, as teachers and mentors in schools and in communities, as police officers and first responders.

“Some boost America’s economy as business owners and operators, and there are also those who serve on the Supreme Court and in the halls of Congress,” said Rodriguez. “Hispanics continue to serve in these roles every day, making a mark on this great nation of ours.

“The Hispanic culture is embedded in the history of the United States,” he continued. “As members of the armed forces, heroic Hispanic men and women have also fought and died to defend the liberties and security of the United States in every war since the American Revolution, many serving before becoming American citizens.”

With samplings of Hispanic foods, dance, music and information displays, attendees were welcomed with a sense of fellowship and provided a chance to learn about Hispanic culture.

“This celebration was a way for people to share a unique culture and history,” said Debbie Frey, attendee. “We all have something to offer.”

“It is opportunity that has brought us here today, and it is opportunity that will take us where we need to be tomorrow, but when opportunity arises, we must be ready for it,” said Rodriguez. “Education, when coupled with opportunity, is certainly the key to success.”



Spc. Chastoni E Jones, 94th AAMDC

**Espananza (Pini) Duverney performs a traditional Mexican dance, Oct. 9, at the 94th AAMDC’s Hispanic Heritage observance.**



# Cadets ‘job shadow’ at TAMC

**CADET CAPTAIN  
BRANDEE SCHILLER**  
Mililani JROTC Public Affairs

HONOLULU — JROTC cadets from Oahu gathered at the Tripler Army Medical Center, Oct. 6-8, to observe and gain a deeper perspective of the jobs available in the medical service field.

The Mililani Army JROTC program sent seven female cadets to attend the event over the fall break.

Cadets had the opportunity to spend a few days at the hospital in the clinical areas that most interested them.

The first day was an orientation of the facility, with multiple briefings from health care providers to educate the cadets about the privacy and security of the patients.

Mililani’s cadets signed up for this

mentorship program to “explore the options available in the Medical Department for future careers,” said Cadet Capt. Joy Sanchez.

On the second day of the mentorship program, 20 cadets from different schools were sent to various parts of the hospital, including the Emergency Room, Radiology, Surgical Ward and Neonatal. Cadets observed and completed tasks with the nurses and doctors in their designated clinic.

Cadet Brittany Stadmire watched nurses and doctors performing a circumcision on a newborn baby. Cadet Rayleen Robert witnessed a colonoscopy; she had not known of this procedure before witnessing it, but thought it was interesting.

Cadet Abigail Villanueva gave a patient an ultrasound while observing the gall bladder on the screen.

“It was very interesting to be there in the action at the hospital. I never expected the amount of hands-on training I received when I signed up for this job shadowing,” Villanueva said.

Cadet Lucy Grace and Cadet Macey Zuniga decided that if they were to job shadow again, they would do it in a different medical setting to expand their knowledge and widen their search for possible future job opportunities.

The cadets learned valuable lessons, and they had the opportunity to see what it is really like to work in a hospital before going to college to pursue a career in the medical field.



Photo courtesy of Mililani Army JROTC

Mililani JROTC cadets learn to perform CPR with Sgt. 1st Class Qwanna D. Justice, Orthopedic Services noncommissioned officer in charge, TAMC. The cadets were being introduced to jobs in the medical field.



Photo courtesy of Philip Velez

A 2014 Army Digital Photography Contest entry titled "3.14" by Sgt. Philip Velez, Presidio of Monterey, was a first place winner worth a cash prize from IMCOM FMWR.

## 2015 Army Digital Photo Contest open for entries

**ROBERT DOZIER**  
Army News Service

JOINT BASE SAN ANTONIO — Entry submissions for the 2015 Army Digital Photography Contest are now being accepted, Oct. 15-Nov. 30.

This annual contest allows online entries from contestants in two divisions: active duty personnel and other Army Morale, Welfare and Recreation patrons.

The purpose of the contest is to recognize the artistic eye of enlisted Soldiers, commissioned officers and civilians alike for their simple and true captures of garrison life around the world.

Any Army MWR patron with an AKO address may participate. Prizes this year are \$300 for 1st place, \$200 for 2nd place and \$100 for 3rd place, in each category.

Contestants may enter and could win in more than one of these categories: animals, design elements, digital darkroom, military life, still life, people and nature/landscapes.

Contestants can submit their entries online at [www.armymwr.com/recreation/artsandcrafts/default.aspx](http://www.armymwr.com/recreation/artsandcrafts/default.aspx).

Winners will be selected in February, and a list of all winners in the 2015 Photo Contest will be viewed at the same Web address.

### 2014 Army Digital Photography Contest winners

From 3,238 entries last year, the U.S. Army Installation Management Command awarded recognition and cash prizes to first place winners from these areas:

- |                                |   |
|--------------------------------|---|
| •Aberdeen, Maryland.           | •Grafenwoehr, Germany.                        |
| •Camp Zama, Japan.             | •Hohenfels, Germany.                          |
| •Fort Campbell, Kentucky.      | •Presidio of Monterey, California.            |
| •Fort Jackson, South Carolina. | •Selfridge Air National Guard Base, Michigan. |
| •Fort Knox, Kentucky.          | •Stuttgart, Germany.                          |
| •Fort Leavenworth, Kansas.     | •Torii Station, Japan.                        |
| •Fort Polk, Louisiana.         | •Yongsan, Korea.                              |



PASS IN REVIEW



Staff Sgt. Sean Everett, 25th Infantry Division Public Affairs Office

SCHOFIELD BARRACKS — The 25th Infantry Division, with approximately 8,000 Soldiers and static displays shown on Weyand Field, forms up, Oct. 9, during Tropic Lightning Week.

# CAB CWO introduces fellow warriors to water polo

Story and photo by  
**SGT. JESSICA DUVERNAY**  
25th Combat Aviation Brigade Public Affairs  
25th Infantry Division

WHEELER ARMY AIRFIELD —Tropic Lightning Week gave Soldiers the time to build esprit de corps through competitions of combat skill and physical fitness.

The competitions offered a refreshing break from the traditional workday to enjoy some fun.

However, this wasn't the case for Chief Warrant Officer 2 Kenneth Powell, chief food adviser for 25th Combat Aviation Brigade, who pointedly participates in every team or competitive sport he can get his hands on.

"I'm an adrenaline junky, which is probably why my wife won't let me have another motorcycle," Powell joked.

Powell learned to swim at the age of 2 and was introduced to water polo in high school. He continues to compete in the sport.

He was happy when he received orders to Hawaii, last year, because he likes the water and was already affiliated with 25th ID in Alaska.

"I grew up in the water, so when I got here, I started getting back into water sports," Powell said.

His most recent water sport competition was the Fourth of July Hui Paddleboard Race, a 4-mile competition from Sunset Beach to Waimea. Powell placed in the top 10 percent of 500.

"Any local water sport competition there is



Chief Warrant Officer 2 Kenneth Powell, chief food adviser for 25th CAB, reaches for a pass from his teammate at the first day of the water polo competition at Richardson Pool, Oct. 6, during Tropic Lightning Week 2014.

that I can sign up for, I will," said Powell. "When I saw that water polo was an event for Tropic Lightning Week, I immediately gravitated to it. I was the first one to sign up from (Headquarters and Headquarters Company)," Powell explained.

However, upon meeting the rest of his team, Powell realized he might have been alone in his thirst for water sport competition. He soon discovered that he was the only one on his team who had ever played water polo. Another factor

was the use of floatation devices for the safety of the players.

"I understood that they were integrating the novice individual, and allowing all skill levels to enjoy playing water polo," Powell said.

After meeting with him, Powell's teammates realized they weren't on the same page.

"I was so excited to be on the water polo team with Chief Powell," said 1st Lt. Brittany Hampton, executive officer, HHC, 25th CAB. "I walked up to him, smiling, and said, 'Chief, I'm going to play water polo with you.' ... He, for the first time, got serious. He said, 'Do you know how to play?' He then told me how competitive he really is, and I realized what I had gotten myself into."

"My team relied on my knowledge of water polo and my ability to guide them," said Powell. "I was the only one who knew how to play, but once they understood the concept, they very much picked it up. We even went into overtime."

Powell's team led, 2-0, for the majority of the game. In the final minute, the game was tied and went into overtime, but they were defeated, 4-2.

"My main focus was to have fun, to win and to try not to embarrass my mom, my dad and my brigade commander. I don't like losing. I don't even like losing to my 9-year-old daughter," Powell joked. "Next year, we will be ready. Now that the team knows about the sport, we can hold practices and really focus on our techniques, rather than just learning about the game."





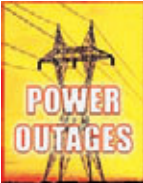
Today

**Motorcycles on Post** — The Directorate of Emergency Services will be enforcing motorcycle safety. Visit [www.garrison.hawaii.army.mil/commmand/documents.htm](http://www.garrison.hawaii.army.mil/commmand/documents.htm) and click on the USARHAW Memos tab.

**Ordy Pond Ordnance** — The Navy is conducting controlled detonations of various munitions and explosives recovered at the Ordy Pond remediation project site, Kalaeloa. Three to five days of detonations are planned. The public may hear noises or see smoke until Oct. 24.

18 / Saturday

**Schofield Outage** — An hourlong power outage to support the Castner substation renovation project begins at 7:30 a.m. Visit [www.HawaiiArmyWeekly.com](http://www.HawaiiArmyWeekly.com) and see the past two issues for the list of affected buildings.



20 / Monday

**HMR** — There will be lane closures on Paalaa Uka Pupukea Road, Helemano Military Reservation, until Halloween, for construction. The work will be done in two phases:

- Paalaa Uka Pupukea Road exit bound lane.
- Paalaa Uka Pupukea Road inbound lane, (24-hour lane closure), Oct. 21-31.

Vehicles will be contraflowed into the open lane while entering or exiting.

27 / Monday

**Lyman VPC** — Construction work begins, 6 a.m, on the Lyman Vehicle Processing Center, and is expected to be concluded by close of business, Oct. 31. The route for the VPC will be adjusted during this time period.

Drivers are encouraged to use alternate gate entrances during this period to help reduce traffic congestion.

Traffic Report lists road, construction and noise advisories received by press time from Army and Hawaii Department of Transportation (HDOT) sources.

Visit [www.garrison.hawaii.army.mil/info/trafficcalendar.htm](http://www.garrison.hawaii.army.mil/info/trafficcalendar.htm) for the latest Army traffic advisories.

Unless otherwise noted, all phone numbers are area code 808.

29 / Wednesday

**Water Outage** — Six houses (6314, 6315, 6318, 6319, 6322, and 6323) on Aliamanu Military Reservation's Nim Place in the Skyview community will have their water turned off, 8 a.m.-2 p.m.

November 10 / Monday

**Kahauiki Kontinues** — Intermittent, hourlong, full-bridge closures take place, today, 9 a.m.-5:30 p.m. Closures start at Funston Road and Kahauiki Stream Bridge, ending at the intersection of Annex Road and Kahauiki Stream Bridge.

22 / Saturday

**Modified Traffic Flow on Trimble Road** — Both outbound lanes on Trimble Road (PT side) will be closed, 6:30-8 p.m., to support the Turkey Trot 5K. Trimble outbound lanes will be closed from Cadet Sheridan to Mellichamp Street. Call 656-5369.

Ongoing

**TAMC Traffic** —Tripler Army Medical Center initiated a traffic pattern change. Now, weekdays (excluding holidays), 2-5 p.m., the merge at the gate is located after the speed bumps on Krukowski Road, and the left lane for outbound traffic begins after the traffic board.

**AMR Closures** — Aliamanu Military Reservation will have several traffic modifications, 8 a.m.-4:30 p.m, at Skyview Loop and Aliamanu Drive for underground utilities work, ..

- Aliamanu Drive will have one-lane traffic control between Ama and Okamura streets until Dec.1.

- Aliamanu Drive will be completely closed between Okamura and Rim Loop, Dec. 2, 2014. This phase will last until Feb. 2, 2015.



Send announcements for Soldiers and civilian employees to [news@hawaiiarmyweekly.com](mailto:news@hawaiiarmyweekly.com).

Today

**Tropical Storm Ana** — If you aren't prepared for a hurricane, now is a good time. A possible hurricane is on track to hit the state of Hawaii sometime tonight.



File photo

**Will Ana keep tracking south, or will it veer north to Hawaii?**

As of press time, the National Oceanic and Atmospheric Administration is referring to the possibility of the storm passing directly over the islands as the "cone of uncertainty." This uncertainty could mean that by the time you read this, Ana may have veered off, as did the last two hurricanes. It may be called a hurricane by then, or it may remain a tropical storm.

Keep up on the latest garrison information at [www.facebook.com/usaghawaii](http://www.facebook.com/usaghawaii), and see the related link on p. A-2.

**BayFest** — Marine Corps Base Hawaii has cancelled BayFest due to emergency preparations in advance of Tropical Storm Ana.

Prepurchased tickets will be refunded. For refund information, call 254-7563.

Visit [www.bayfsthawaii.com](http://www.bayfsthawaii.com) for updates and information.

**Mammograms** — The U.S.

Army Health Clinic-Schofield Barracks is now offering walk-in mammograms at its Radiology Clinic, Bldg. 685, first floor, 1-3 p.m., weekdays. Call 433-8355.

**Fun Funds** — The Thrift Savings Program is pleased to announce the release of its investment fund videos, which you can view by visiting the TSP's YouTube channel, TSP4gov.

You'll find separate videos that explain each of the TSP's five funds (G, F, C, S, and I), as well as the TSP's Lifecycle (L) funds.

Whether you're a savvy TSP investor or just want to learn more about the TSP's funds, these videos are a helpful and fun way to learn more about your investment options.

**VA Telehealth** — The Department of Veterans Affairs announced that its national telehealth programs have served more than 690,000 veterans during fiscal year 2014. That total represents approximately 12 percent of the overall veteran population enrolled for VA health care and accounted for more than 2 million telehealth visits.

Of that number, approximately 55 percent were veterans living in rural areas with limited access to VA health care.

With more veterans seeking health care, telehealth is rapidly becoming an attractive option, especially for those veterans who don't have a VA health care facility close to home.

**VA Claims** — More than 1.3 million veterans received decisions on their VA disability compensation and pension claims in fiscal year 2014 — the highest number in VA's history, surpassing last year's record-breaking production by more than 150,000 claims. Visit [www.va.gov/opa/pressrel/pressrelease.cfm?id=2645](http://www.va.gov/opa/pressrel/pressrelease.cfm?id=2645).

24 / Friday

**American Indian Heritage** — The 9th Mission Support Command will host the American Indian Heritage Month observance at Fort Shafter Flats, 4 p.m., Nov. 2, and

asks that participants R.S.V.P. by Oct. 24. Call 655-0386.

31 / Halloween

**Trick or Treat** — The Directorate of Emergency Services will provide an increased security presence in the community during Trick or Treat hours (6-9 p.m.) to ensure all activities are conducted in a safe manner.



File photo

**Light Halloween costumes and lights help keiki be visible to cars.**

Children should carry a flashlight or chemical-light, and wear light-colored clothing or clothing with reflectors.

Military Police will be offering complimentary chemical-light souvenirs to children over the course of the evening.

**X-rays** —Tripler Army Medical Center and the Schofield Barracks Health Clinic Radiology departments will X-ray candy for all eligible personnel. Families wishing to have their treats examined should report to the TAMC Radiology reception area, 3G, mountainside, or Schofield Radiology, Bldg. 685, first floor, 5-7 p.m. or any time during the work day on Nov. 1.

The X-raying of candy won't detect non-metals, such as fine particles, liquids, powders or chemical contaminants.

Ongoing

**CFC** — The Combined Federal Campaign is the world's largest and most successful annual workplace charity campaign, with more than 150 CFC national and international campaigns raising millions of dollars each year.

Defense Department employees nationwide have the opportunity to give to the DOD campaign through Dec. 15.

Visit the Combined Federal Campaign at [www.defense.gov/home/features/2014/0914\\_cfc/](http://www.defense.gov/home/features/2014/0914_cfc/).



# PAU HANA

"When work is finished."

## Living History Day celebrates 25th Infantry Division

Story and photos by  
**KAREN A. IWAMOTO**  
Contributing Writer

SCHOFIELD BARRACKS — Military history enthusiasts converged on the Tropic Lightning Museum for Living History Day, here, Oct. 11.

This annual event celebrating the inception of the 25th Infantry Division in October 1941 featured music, dancing, kid-friendly activities and presentations by living historians from the Hawaii Historical Arms Association and the Civil War Round Table of Hawaii.

"The whole point of a living history is being out where you can touch, see, ask questions," said Sheldon Tyau, board member and former president of the Hawaii Historical Arms Association. "

A regular museum is inanimate. Everything is stuck behind glass.

"But see how they're engaging with the audience and the kids are asking questions?" he added, waving an arm toward Eric Mueller, a living historian dressed in the traditional garb of a Union Soldier in the Civil War.

Mueller was regaling an audience with details of Army life in the 1860s.

"I'm dressed as a sergeant in the Union Army, the Army of James," said Mueller, a member of the Civil War Round Table of Hawaii. "My uniform is from approximately 1864 or 1865. I'm in the 2nd Division, 24th Corps. I'm carrying light marching order. I have a rifle musket.

"This is a cartridge box that holds up to 40 rounds of ammunition," he continued. "This is my bayonet. And this is my haversack. A haversack is like a refrigerator on the march. It holds about three days worth of food, and this is also

where you carry things that are important to you and you don't want to lose, like pictures or maybe a Bible. All of this is about 20 pounds of stuff. A full pack would weigh about 40 to 60 pounds."

After listening to Mueller, children in the audience volunteered to try on a Civil War-era uniform. Mueller also passed out samples of hardtack, a cracker-like biscuit

that Soldiers on the march would typically eat.

While Living History Day celebrates the history of the 25th ID and the Civil War was fought well before the formation of the 25th ID, Justin Vance, a history professor at Hawaii Pacific University and also a member of the Civil War Round Table of Hawaii, pointed out that there is a direct connection between Hawaii and the Civil War.

"People from Hawaii fought on both sides of the Civil War," Vance said, adding that the Civil War Round Table of Hawaii is taking part in a ceremony to dedicate a headstone to one of those Soldiers, J.R. Kealoha, at Oahu Cemetery on Oct. 25.

Meanwhile, at the tent set up by the Hawaii Historical Arms Society, attendees got to peruse a display of memorabilia and weapons from a more recent era, from World War II to the Vietnam War.

"In previous years, the emphasis

was more on World War II, but recently there's been more focus on the Vietnam War with the 50th anniversary of the Vietnam conflict coming up," Tyau explained.

The fall of Saigon took place in 1975.

If Tyau, Mueller and Vance represented Hawaii's military past at Living History Day, Soldiers from the 1st Battalion, 21st Infantry Regiment, 2nd Stryker Brigade Combat Team, represented its present. They were at a booth on the opposite end of the lawn from the Civil War Round Table and the Hawaii Historical Arms Association, demonstrating (unloaded) weaponry currently used by the Army.

The 25th ID's formation occurred only months before start of World War II; the Japanese bombed Pearl Harbor two months later. Since then, the 25th ID has played a role in almost every major American conflict, including the Korean War, the Vietnam War and overseas contingency operations. Tropic Lightning Museum strives to include all of it.

As Tyau said, "Military history is the history of our country."



Members of the Hawaii Historical Arms Society brought a 50 caliber Browning machine gun to show attendees of the Tropic Lightning Museum's Living History Day, Oct. 11.



Natalie Dickinson, 9, dons a Civil War-era uniform with help from Eric Mueller of the Hawaii Civil War Round Table at the Tropic Lightning Museum's Living History Day on Oct. 11.

(Photo has been altered from its original form; background elements have been enhanced.)



Eric Mueller of the Hawaii Civil War Round Table goes over the details of life as a Union Soldier in the Civil War while onlookers sample hardtack, a cracker-like biscuit eaten by Civil War Soldiers, at the Tropic Lightning Museum's Living History Day, Oct. 11.



Photo by U.S. Army Garrison Hawaii Public Affairs Office

Members of the Civil War Round Table of Hawaii participate in a Civil War re-enactment during Living History Day at Tropical Lightning Museum, Oct. 11.





Briefs

21 / Tuesday

**Book Club** — Come to SB Sgt Yano Library at 4 p.m. for a discussion of Grace Lin’s award-winning children’s book “Where the Mountain Meets the Moon.” Travel from the Village and Fruitless Mountain and home again to the Village of Fruitful Mountain, as Minli discovers she already has the treasure she is searching for.

Recommended for readers ages 9 and up. Read the book before the program. Copies of the book are available at Hawaii Army, school and state libraries. Call 655-8002.

24 / Friday

**EDGE Home School Art Program** — CYS registered Youth & Teens (1st-12th grade) bring your creative side. Create your own wire art (Twisteez Mask) at the SB Arts & Crafts Center. Attend the two-day workshop, Oct. 24 and 31; fee is \$15. Call 655-9818.

**Right Arm Night** — Kickback with your “Right Arm” with drink specials and a pupu buffet. Which unit has the most pride? Compete for the \$100 MWR Buck prize. Starts at 5 p.m. at SB Nehelani. Spouses and DOD civilians welcome.

Play in the Texas Hold’em tournament for prizes. Call 655-4466.

These events are adults only.

25 / Saturday

**Family Readiness Group** — ACS is offering three free FRG classes.

- FRG 101 (9-10 a.m.) is designed for those new to the Army and interested in learning more about the purpose of FRGs.
- FRG Leader (10 a.m.-12 p.m.) covers the roles and responsibilities of all involved, maintaining rosters, selecting effective volunteers, choosing meeting topics and more.
- FRG Social Media/OPSEC (1-2:30 p.m.) explains the Army’s social media policy and how it and operational security applies to Facebook, virtual FRG and other forms of FRG communication.

Call SB ACS at 655-4227.

**Halloween Costume Bike Ride** — Come join SB Outdoor Recreation and celebrate the spooky season with a Halloween costume bike ride. This event is a level one bike ride great for the whole family. If you dress up, enjoy a 2-for-1 pricing special.

This ride is set for 8:30 a.m.-12:30 p.m. Cost is \$30, per person. Call 655-0143.



Courtesy photo

In the “Be: Ware this Spooky Night!” contest, four randomly drawn winners will receive a \$500 gift card with another 10 runners-up taking home a \$100 gift card.

No trick, the Exchange is treating

Shoppers may receive cash for Halloween during contest

CHRIS WARD  
Army News Service

DALLAS — The Army & Air Force Exchange Service invites shoppers to see what lurks on its shelves as it gives away \$3,000 in Exchange gift cards.

The “Be: Ware this Spooky Night!” contest will send Exchange patrons on a “spooktacular” hunt throughout the store.

Contestants will have to locate five Halloween game signs wherever they find treats and sweets. Each sign will contain a word, which will help finish a Halloween story.

Resource

To find out more, visit [www.shopmyexchange.com](http://www.shopmyexchange.com).



After collecting all five words, contestants can go to [shopmyexchange.com/patriotfamily](http://shopmyexchange.com/patriotfamily) for full details and link to enter on the Exchange’s Facebook page.

Four randomly drawn winners will receive a \$500 gift card with another 10 runners-up taking home a \$100 gift card.

“This sweepstakes will have you screaming for more,” said Lt. Col. Tom Shrader, Exchange plans officer. “In addition to the sweepstakes, the Exchange is stocked with all the Halloween essentials. From candy to costumes, we’ve got all the boys and ghouls covered.”

The contest ends at the stroke of midnight on Oct. 31, and no purchase is necessary to enter.

(Note: Ward works for the Hawaii Army & Air Force Exchange Service.)

football? Bring the family out and watch all of your favorite teams play at SB Kolekole Bar & Grill every Sunday during football season through Super Bowl Sunday to watch the games.

Doors open 1/2 hour before kickoff of first game. Fun games and prizes all morning long.

Brunch will be served at \$16.95/ adult and \$7.95/child. Call 655-4466.

**Workweek Lunch** — Enjoy lunch from 11 a.m.-1 p.m. for only \$10.95, per person, at SB’s Kolekole Bar & Grill and FS’s Mulligan’s Bar & Grill. Order off the menu or help yourself to the delectable, multi-item buffet. Call 655-4466 (SB) or 438-1974 (FS).

Review menus at [www.himwr.com/dining/kolekole-bar-a-grill/kolekole-lunch-buffet](http://www.himwr.com/dining/kolekole-bar-a-grill/kolekole-lunch-buffet) and [www.himwr.com/dining/hale-ikena/hale-ikena-lunch-buffet-menu](http://www.himwr.com/dining/hale-ikena/hale-ikena-lunch-buffet-menu) for the week’s current lunch specials.

**CYS Services** — The USAG-HI School Liaison Office has opened an office at AMR. Office hours are Tuesdays and Thursdays, 9 a.m.-4 p.m. The office is located in Bldg. 1782, next to the SKIES studio.

**Breakfast Specials** — FS Hale Ikena is now serving breakfast, the most important meal of the day. Start your day with a delectable breakfast special at the Hale Ikena. Servings are at 7 a.m., Thursdays-Sundays. Call 438-1974.

**Auto Repairs** — Services are now offered by Tech-Center Hawaii at the SB Auto Skills Center. Get quality repairs at affordable prices. Call 888-2931 or 769-7454.

**Spanish** — Do you want to learn Spanish? A class will be offered for those 18 months-12 years of age, soon, at the AMR and SB SKIES Studios. Cost is \$55 per month, per child.

community Calendar

Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

Today

**BayFest** — Oahu’s premier family festival, BayFest, scheduled for Oct. 17-19, has been cancelled due to emergency preparations in advance of Tropical Storm Ana.

Tropical Storm Ana is currently tracking a direct path to hit the Hawaiian Islands this weekend, and the safety of military and civilian personnel is the first priority of Marine Corps Base Hawaii, Kaneohe Bay.

Prepurchased tickets will be refunded. For refund information, call Information, Tickets and Tours at 254-7563.

Visit BayFest at [www.bayfesthawaii.com](http://www.bayfesthawaii.com) for updates and information.

**Flu Vaccines** — Army Health Clinic-SB flu vaccines are now available for authorized patrons.

Schofield Family Medicine flu immunizations are now available in the Red, White and Blue Family Medicine teams, 7:30-11:30 a.m., Monday-Friday; 1-3 p.m., Monday and Friday; and 1-2 p.m., Tuesdays through Thursdays.

Schofield Pediatrics immunizations are available for Honu and Gecko Pediatrics teams, 8-11 a.m., and every afternoon 1-3 p.m., except Wednesday, or with any scheduled appointment.

18 / Saturday

**Adventurer** — Erik Weihenmayer, the only blind person to climb the highest peaks on seven continents, will share his story, “The No Barriers Life,” as a free community event, 1 p.m., at Stan Sheriff Center on UH Manoa campus. Doors open at noon. Tickets are free (and required for admission) and available online at [nobarriershi.eventbrite.com](http://nobarriershi.eventbrite.com). Parking is \$6.

**Flu Immunization** — TAMC offers enrollees a Saturday flu drive in the Family Medicine Clinic, 8 a.m.-noon, Oct.18. If you are enrolled at Tripler Family Medicine and are 6 months of age or older, walk in and do your part in protecting yourself and everyone around

you. Fight the flu!

19 / Sunday

**Mary Poppins** — Diamond Head Theatre celebrates the opening of its 100th season with this beloved family story. Performances run through Oct. 19, Thursdays-Sundays. Call 733-0274 to charge by phone or purchase tickets online at [diamondheadtheatre.com](http://diamondheadtheatre.com).

November

7 / Friday

**Sea Dragon Cup** — The 94th Army Air and Missile Defense Command’s golf tournament is 11 a.m. at Mamala Bay Golf Course, Joint Base Pearl Harbor-Hickam. Call Capt. Andrew Lee at 438-2908, Sgt. Maj. Greg Hampton at 438-2909 and Capt. Cameron Smith at 438-5027.

14 / Friday

**Wounded Warrior Golf Tournament** — Across the nation, proceeds from golf tournaments are going to benefit the Military Golf Program, which provides golf lessons, golf equipment and golf outings to Wounded Soldiers and Marines. The Wounded Warrior Golf Tournament in Hawaii

takes place 12:30 p.m. at Hoakalei Golf Club in Ewa.

**Dance Performance** —

Join the 311th Signal Command (Theater) for a live dance performance and more at the Native American heritage observance, 1-2 p.m., at SB Sgt. Smith Theater. Call Sgt. 1st Class Lilly at 497-4530.

Ongoing

**Operation Homefront** — Nominate an outstanding child for the 2015 Military Child of the Year Award. Operation Homefront will present an award to a military child from each branch — Army, Navy, Marines, Air Force and Coast Guard — and honor the winners at an annual gala in Washington, D.C.

Nominees must be between 8 and 18 years old, and able to travel to Washington, D.C., for the gala.

Deadline is Dec. 12. Visit [operationhomefront.net](http://operationhomefront.net) and militarychildoftheyear.org.

**Legal Aid** — The SB and FS Legal Assistance offices provide free legal assistance to active duty personnel, family members, retirees and certain Department of Defense personnel.

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
  - 8:30 a.m. at AMR
  - 10:30 a.m. at MPC Annex
  - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

- Sunday Services
  - 8:45 a.m. at MPC
  - 9 a.m., at FD, TAMC chapel
  - 10 a.m. at HMR
  - 10:30 a.m. at AMR
  - 10:45 a.m. at WAAF (Spanish language)
  - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)**
- Sunday, 9 a.m. at WAAF

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to [aaes.com](http://aaes.com) under realtime movie listing.



No Good Deed

(PG-13)  
Fri., Oct. 17, 7 p.m.

Teenage Mutant Ninja Turtles

(PG-13)  
Sat., Oct. 18, 2 p.m.

This Is Where I Leave You

(R)  
Sat., Oct. 18, 6 p.m.



Guardians of the Galaxy

(PG-13)  
Sunday, Oct. 19, 2 p.m.

A Walk Among the Tombstones

(R)  
Thursday, Oct. 23, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield





Asah Miller, 2, is reluctant to exit the fire truck despite urging from his mother, Carmen Miller (in the foreground) at Aliamanu Community Center's National Night Out, Oct. 10.

# National Night Out blends safety, fun

Story and photos by  
**KAREN A. IWAMOTO**  
Staff Writer

ALIAMANU MILITARY RESERVATION — As afternoon faded to evening, Oct. 10, parents and children began filing into the Aliamanu Community Center, here, for National Night Out, a family-friendly event that promotes safety awareness at the neighborhood level.

Island Palm Communities, which manages military housing for the Army in Hawaii, had transformed the community center into a mini-fair with booths, games, prizes and balloons.

Kids clambered aboard a fire engine and a Coast Guard boat while parents collected information from police, firefighters, and Army and Coast Guard personnel. Later, they enjoyed a screening of “The Lego Movie” while snacking on popcorn and cotton candy.

IPC organizes National Night Out in North and South Oahu, twice a year, in August and October.

Sheryl Ferido, IPC community service man-

ager, helped to make the event a success.

“It is important to partner with other organizations because we all have a common interest in taking care of our families,” she said.

One thing she wanted the kids to take away from National Night Out was a “sense of community.”

Angela Sanders, fire inspector with the Federal Fire Department of Hawaii, said kids can do lots of things to keep their community safe.

“One is to never play with matches,” Sanders said. “(Another is to) learn the numbers to all of the emergency services. We stress 911 (for emergencies) to kids as early as possible.”

Sanders said the most rewarding part of participating in National Night Out is when children tell her they have a fire evacuation plan and have practiced it.

“There have been several cases where kids remembered the information they got from us and used it to save their family (from a fire),” she added.

Nine-year-old Samantha Sapp remembered information she learned from firefighters.

“If a fire gets on your clothes, stop, drop and roll,” she explained.

Samantha’s mother, Heather Sapp, a liaison officer at Camp Smith, said she aims to keep her family safe.

“We made sure we had a meeting place in

case of a fire, and we keep all the emergency numbers posted,” Heather said. “The older kids know where it is and how to use the phone.

“We talk to them about alerts,” Heather continued. “Like on the news, recently, there was an alert about a man trying to lure kids into a van. We play out (these) scenarios.”



From left, Samantha Sapp, 9; Katherine Sapp, 3; Evan Sapp, 7; and Heather Sapp, their mother, pose for a remembrance photo while enjoying food and games at National Night Out, Oct. 10.

**More Online**  
For more information about National Night Out, visit [natw.org](http://natw.org).

## HALLOWEEN HAPPENINGS

**24 ○ Friday**  
**HPU Halloween FunFest 2014** — Get into the Halloween spirit with more than 20 carnival booths, games, prizes, music, trick or treating and costume contests for all ages, followed by a screening of “Hocus Pocus.”  
HPU Halloween FunFest 2014 is at HPU’s downtown campus, 1188 Upper Fort Street Mall. Event begins at 5 p.m.; movie screening starts at 7:30 p.m. Free admission. Visit [hpu.edu/funfest](http://hpu.edu/funfest).

**25 ○ Saturday**  
**BooFest** — Scare actors and themed décor will transform five log cabins into unique and immersive environments at the 15th annual Bellows Air Force Station BooFest. Magical princesses and killer clowns will descend on the haunted attraction.  
All ages event starts at 5 p.m.; haunted house opens at 7 p.m. at Turtle Cove (Reservations, Bldg. 220).  
Event is open to active duty military, retirees, reservists, National Guard and DOD civilian employees. Call 259-4112.

**Halloween Parade** — The Exchange at Hickam Air Force Base is hosting a parade, trick or treating, costume contests, games and goodies, 11 a.m.-1 p.m. Bring a container to carry candy. Call 422-5395.

**26 ○ Sunday**  
**Treats & Tails** — Listen to spooky stories, enjoy Halloween treats and learn about the animals at the Honolulu Zoo. Runs 5:30-7:30 p.m. at the Honolulu Zoo on Oct. 26 and 27. Costs \$20 for adults, \$16 for children; children under the age of 2 get in free. Call 971-7195.



# DOE, military secure Federal Impact Aid funds

**DEPARTMENT OF EDUCATION**  
News Release

HONOLULU — The Hawaii State Department of Education (DOE) announced an increase in Federal Impact Aid funds it has received to support public schools and offset tax losses associated with military and federal installations, Oct. 7.

“Impact Aid funds are extremely important to support our public schools and help ensure we provide a quality education to all students,” said Brian Hallett, DOE acting assistant superintendent for fiscal services and chief financial officer.

“We are thankful to the federal government for providing Hawaii with repayments that have a direct impact in the classroom,” he added.

Hallett met with state Rep. Mark Takai and Kyle Fairbain, executive director of the Military Impacted Schools Association (MISA), to accept a ceremonial \$43.3 million check. The amount represents reim-



Photo illustration

**Federal Impact Aid brings the state millions of dollars for the school year.**

bursements made to Hawaii from 2003-2011 through a provision in the Impact Aid program known as Table 9.

In 2002, Takai found the obscure provision, which provides for a sig-

nificant increase in education funding for children displaced because of housing renovations occurring on military installations.

Impact Aid partially reimburses the DOE for the cost of educating federally connected students — children whose parents work or live on federal property. The program was created to assist school districts that lose tax revenues (income, sales, property tax) due to a federal presence.

Funds go to local school districts, just like local property taxes, and can be used to hire teachers, purchase textbooks and computers, pay for utilities and more.

“The coordinated effort of DOE, military officials and Rep. Takai should be commended,” Fairbairn said. “Without this cooperation,

schools in Hawaii would have lost out on millions of dollars over the past 12 years.”

Impact Aid’s Table 9 provision brings in additional funding to Hawaii each year because the federal government provides significantly more funds for students who reside on base versus those who live off base. To complete Table 9, the DOE worked directly with military housing officials on Oahu, while MISA assisted in the final analysis of the information.

The DOE reminds parents of public school students to complete and return to their school a federal survey form they should have received last month. The annual survey determines the number of federally connected students for whom the state receives Impact Aid funds.

During the 2013-14 school year, the state accounted for more than 28,000 federally connected students and received more than \$41 million.

# 15 public schools earn \$230,000 for high achievement

**DEPARTMENT OF EDUCATION**  
News Release

HONOLULU — The Hawaii State Department of Education (DOE) is awarding \$230,000 to 15 elementary schools that demonstrated significant success or improvements in the 2013-14 school year.

The schools reached “Recognition” status in the DOE’s Strive HI Performance System, meaning their performance placed them among the top five percent of schools in the state.

Fourteen schools received \$15,000 each for High Performance; and Kaelepulu Elementary in Kailua, Oahu, was awarded \$20,000 for High Performance and High Progress.

The 15 schools winning Strive HI awards included Helemano, Hickam and Mokapu Elementary schools, with military children. The list featured schools from five different islands.

“We are particularly excited to acknowledge this year’s Recognition Schools,” said Deputy Superintendent Ronn Nozoe. “Their success demonstrates what’s possible when an entire school community works together toward a common goal of student success. I congratu-



Karen A. Iwamoto, Hawaii Army Weekly

**Helemano Elementary School in Wahiawa was one of 15 public schools recognized by the DOE.**

late all of the administrators, teachers, students and parents in these schools for their dedication and commitment to success.”

The Strive HI Performance System was introduced by the DOE in the 2012-13 school year as its school accountability and improvement system.

Schools are measured on a variety of performance metrics such as student achievement, growth, chronic absenteeism and other key success indicators — with a focus on college and career readiness.

Award funds must support initiatives to sustain success aligned with their school academ-



Courtesy chart

**The DOE measures a variety of metrics.**

ic plans, such as professional development, investments in technology, musical instruments, science lab equipment and other improvement strategies.



# Ergonomic injuries studied

## Soldiers, employees can make some improvements

**MAJ. JAY CLASING**  
Army News Service

The word ergonomics is derived from the Greek words ergon (work) and nomos (law) to mean “the laws of work.” Today, ergonomists study the interaction between humans and systems. They consider physical, cognitive, environmental and other relevant human factors in the design and arrangement of things people use.



Photo courtesy of U.S. Army Public Health Command

**Sit-stand workstations are encouraged to allow for a variety of postural changes throughout the day.**

The Army Institute of Public Health’s Ergonomics Program serves military and civilian personnel worldwide by reducing and preventing work-related musculoskeletal injuries. The Ergonomics Program is often called upon to conduct workplace ergonomic assessments for workers who are experiencing joint and muscle pain. These symptoms may be caused by exposure to a variety of ergonomic hazards, to include repetitive motion, non-neutral postures, static postures, eye strain and contact stress. Repetitive motion is simply performing the

same motion over and over again without allowing for rest, thereby straining a body part. An example is typing without a break for hours on end. Non-neutral postures can be described as an imbalance of muscle groups (such as twisting), which increases stress on your muscles and joints. Static posture refers to holding the same posture or position for an extended period of time. Eye strain or fatigue can be caused by prolonged computer work and can result in tired eyes or headaches. Contact stress can occur when resting a body part on a hard surface resulting in internal stress to soft tissues, such as nerves and blood vessels. These ergonomic hazards can be eliminated or at the very least minimized through proper ergonomic interventions. During a computer workstation assessment, the ergonomist assesses the worker’s environment for potential ergonomic hazards, to include the desk, chair, keyboard, mouse, monitor(s) and any additional pieces of equipment that are frequently used. Ergonomic hazards are identified and possible solutions are discussed with the worker. Often, immediate, no-cost modifications can be made to a workstation; however, occasionally, special equipment is recommended, and the ergonomist provides a detailed list of equipment to the supervisor. The following are general guidelines for an ergonomically-sound computer workstation:

- Keep your shoulders in a relaxed position (the use of arm rests is encouraged).
- Keep your arms positioned close to your body.
- Forearms and wrists should be parallel to floor.
- The top of the monitor should be directly across from your eyes.
- Allow for at least 16 inches between your eyes and the monitor.
- Keep your feet flat on the floor or slightly elevated.
- Desks should not have hard, sharp edges; rounded or sloping edges are preferred.
- Sit-stand workstations are encouraged to allow for a variety of postural changes throughout the day.
- Add a footrest if your chair height doesn’t allow your feet to rest comfortably on the floor.

*(Note: Clasing is the Ergonomics program manager, U.S. Army Public Health Command.)*



# Patrons shouldn’t forget to update their DEERS

**TRICARE**  
News Release

The lives of service members and their families are full of transitions. Whether transitions are permanent change of station moves, retiring, going from Reserve status to active duty, or something else, the one constant is change.



The good news is that your TRICARE coverage can stick with you through these life changes, but you do have to make sure that your records in the Defense Enrollment Eligibility Reporting System, or DEERS, are up to date with your latest life events. This fact means you should keep all your personal information — address, duty status, phone numbers and email addresses — up to date. It’s important to review DEERS as soon as possible whenever you move or experience one of the following life events: activation, deactivation, separation or retirement, and becoming Medicare eligible. One thing you can’t update yourself in DEERS is your duty status; only your service can make those updates.

**Resources**

Changing your contact information in DEERS is easy and can be done at milConnect ([www.dmdc.osd.mil/milconnect](http://www.dmdc.osd.mil/milconnect)), by fax or mail, or in person at the nearest uniformed services identification (ID) card office. You can find your nearest ID card offices online with the RAPIDS Site Locator at [www.dmdc.osd.mil/rsl/](http://www.dmdc.osd.mil/rsl/). For more DEERS information, go to [www.tricare.mil/DEERS](http://www.tricare.mil/DEERS).



## PERFORMANCE TRIAD

# Triad is in week 20

**U.S. ARMY  
GARRISON-HAWAII**  
Public Affairs

SCHOFIELD BARRACKS — It’s not too late to get started with the Performance Triad health challenge. The goals of sleep, activity and nutrition are aimed to get you healthier.



File photo

**Getting enough sleep is a goal in the health challenge.**

**•Sleep Goal**  
Are you a smoker? Nicotine is a sleep disrupter, so withdrawal from nicotine in the middle of the night can negatively impact nighttime sleep. Visit your health care provider for options about stopping nicotine product use.

**Activity Goal**  
The more activity you do, the greater the health benefits you get. Get at least 150 minutes of moderate-intensity aerobic activity this week.

**Nutrition Goal**  
Bring a water bottle with you to drink from throughout the day.